

Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 10g Added Sugars	20%
Protein 10g	20%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS:

100% whole grain rolled oats, cane sugar, wheat protein isolate, sunflower oil, pea protein concentrate with tapioca starch, semisweet chocolate chips (cane sugar, unsweetened chocolate, cocoa butter, dextrose, sunflower lecithin), tapioca syrup, molasses, sunflower lecithin, salt, natural flavors, baking soda.

Contains wheat. Due to processing on shared equipment, contains trace amounts of egg, milk, peanuts, soy, and tree nuts.